

## Sandwich, Hot Pork and Cheese Sauce5

Number of Servings: 5 (205.86 g per serving)

Amount	Measure	Ingredient
19.00	oz	Pork, roast, top loin, lean, raw
5.00	svg	Cooking Spray, butter flvr, 1/3 sec spray
1/2	tsp	Spice, garlic Powder
13.00	Tbs	Milk, 1%, w/add vit A & D
6 1/4	tsp	Flour, all purpose, white, bleached, enrich
1 1/8	tsp	Spice, mustard seed, ground
1/2	tsp	Spice, onion, powder
1/2	cup	Cheese, Swiss, low fat, shred
5.00	ea	Buns, hamburger

### Nutrients per serving

Nutrition Facts	
Serving Size (206g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
<b>Saturated Fat 3g</b>	<b>15%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 5g</b>	
<b>Protein 33g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 0%</b>
<b>Calcium 25%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

- \* 1# AP Pork loin, boneless = .54 # cooked lean meat
- \* GROUND MUSTARD SEED is DRY MUSTARD
- \* 1 cup shredded cheese = approx 4 oz

DAY PRIOR, Spray pork loin with PAM spray, add a little water to the pan to keep the roast from sticking, roast pork loin, sprinkled with garlic powder, at 325 degrees F uncovered until meat thermometer registers 155 degrees F. Remove from oven. Drain off any liquid. Cool roast and liquid separately, quickly (within 4 hours) to 41 degrees F. Refrigerate overnight.

### DAY OF SERVICE:

Prepare Cheese Sandwich Sauce:

Add flour, onion powder and dry mustard to 1/4 of volume of cold milk and stir into paste. Heat remaining milk. Add milk-flour paste, using wire whip.

Cook to desired consistency, then add shredded Swiss cheese and stir until melted. Use 1 oz ladle (2 T)(1 1/2 ladles/serv) to serve 3 T/serving.

Slice meat into 1 1/2 oz slices into counter pans. Add cooled saved liquid from roasting. Cover and heat to 165 degrees F.

TO SERVE: With tongs or gloved hand, open and place hamburger bun on plate. Place a 1 - 1 oz slice of pork on each half (2 slices or 2 oz/portion) of opened bun; ladle 1 1/2 oz (3 T.) hot Cheese Sandwich Sauce over each portion.

## **Sandwich, Hot Pork and Cheese Sauce5**

**Number of Servings: 5 (205.86 g per serving)**